





Sun	Mon	Tue	wed	Thu	Fri	Sat
<p>Legend</p> <p>U = Units</p> <p>UL = Unit Lounge</p> <p>BP = Back Patio</p> <p>ML = Main Lounge</p> <p>AR = Activity Room</p> <p>MF = Main Floor</p>	<p>Pet Visits</p> <p>“Scrappy” Thursdays 1:00pm</p> <p>&</p> <p>“Riley” Saturday’s at 1:30</p> 	<p>1. NEW YEARS DAY 9:15 Bedside Stretches TO 10:15 New Years Resolutions AR 10:15 Music & Movement 2 11:15 Balloon Toss 3 12:00 Games & Giggles ML 2:15 New Years Day Celebration ML 2:15 Music & Movement 3 3:15 Bedside visits TO 4:00 Walking Club 4:00 Friendly visit 5:00 Fun & Games ML 7:00 Travel to...</p>	<p>2. 9:15 Reminiscing 2, 4 10:15 Sensory Stimulation AR 10:15 Fun & Fitness ML 10:15 Hand Therapy TO 11:15 Montessori Tasks U 12:00 Games & Giggles ML 2:15 St. Patrick’s Roman Catholic Mass ML 2:15 Doll Therapy 3 2:15 Bedside Music Therapy 2:15 Bean Bag Toss 4 2:15 Ring Toss 2 3:15 Discussion Group AR 3:15 Balloon Tennis TO 4:00 Bean Bag Toss 3 4:00 Friendly visits TO 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR</p>	<p>3. 9:15 Bedside music 2 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Stretches TO 11:15 Helping Hands 3rd 12:00 Games & Giggles ML 2:15 Collage Making AR 2:15 Sensory Stimulation ML 2:15 Hand & Finger Dexterity TO 3:15 Bedside visits 4:00 Scenic Tours 4:00 Friendly visits 4:00 Walking Club MF 5:00 Fun & Games ML 7:00 Cheers to your Peers 7:00 Hand & Finger Dexterity TO</p>	<p>4. 9:15 Friendly visits U 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Stretches TO 11:15 Friendly visits 11:15 Balloon Tennis TO 12:00 Games & Giggles ML 2:15 Name that Face Biography ML 2:15 Relaxation Therapy AR 2:15 Puzzles 2 2:15 Hand & Finger Dexterity TO 3:15 Puzzles 4 3:15 Doll Therapy TO 4:00 Puzzles 3rd 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Card Bingo ML</p>	<p>5. 9:15 Music Therapy U 10:15 Hymn Sing ML 10:15 Ring Toss 4th 10:15 Bean Bag Toss 2nd 11:15 Doll Therapy TO 11:15 Bean Bag Toss 3rd 12:00 Games & Giggles ML 2:15 Sensory Stimulation AR 2:15 Bedside Music Therapy TO 2:15 Tyndall Cinema ML 2:15 Walking Club MF 3:15 Helping Hands AR 3:15 Bedside Music Therapy TO 4:00 Doll Therapy TO 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Discussion Group AR</p>
<p>6. 9:15 Friendly visits U 10:15 Morning Tea Social AR 10:15 Music Therapy ML 10:15 Balloon Tennis 2 11:15 Helping Hands U 12:00 Games & Giggles ML 2:15 Grace New Covenant Church ML 2:15 Relaxation Therapy AR 2:15 Manicures TO 2:15 Trivia 4th 3:15 Board Games U 4:00 Music & Movement 4 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Name that Tune ML</p>	<p>7. Orthodox Christmas 9:15 Reminiscing 2 10:15 Ladies Beauty Club AR 10:15 Fun & Fitness ML 10:15 Bedside Stretches TO 11:15 Walking Club MF 12:00 Games & Giggles ML 2:00 Communion TO 2:15 Bingo Blast ML 2:15 Sensory Stimulation AR 2:15 Balloon Toss TO 2:15 Montessori U 3:15 Hand Therapy TO 3:15 Bedside visits TO 4:00 Doll Therapy TO 4:00 Reading Group AR 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Art Therapy AR 7:00 Music Therapy U</p>	<p>8. Christmas Cleanup 9:15 Music Therapy 2, 4 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Manicures 11:15 Music & movement 3 12:00 Games & Giggles ML 2:15 Mississauga City Baptist Church ML 2:15 Sensory Stimulation ML 2:15 Christmas Cleanup 4:00 Walking Club MF 4:00 Balloon Toss, 2, 4 4:00 Discussion Group AR 5:00 Fun & Games ML 7:00 Travel to...</p>	<p>9. 9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Music & Movement 3, 4 11:15 1:1 Short Stories 3 12:00 Games & Giggles ML 2:15 Welcome Tea AR 2:15 Music Therapy ML 2:15 Bedside Stretches TO 2:15 Brain Teasers U 3:15 Hand Therapy TO 3:15 Walking Club MF 4:00 Board Games 4 4:00 Friendly visits 4:00 Bedside Stretches TO 4:00 Hindu Prayer AR 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR 7:00 Montessori Tasks U</p>	<p>10. 9:15 Bedside music 2 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Music & Movement 2 11:15 Helping Hands 3rd 11:15 Friendly visits 12:00 Games & Giggles ML 2:15 Portuguese Reflections ML 2:15 Spelling Bee AR 2:15 Balloon Toss 2:15 Doll Therapy TO 2:15 Hand & Finger Dexterity TO 3:15 Relaxation Therapy AR 3:15 Bedside Music Therapy TO 4:00 Music & Movement 3 4:00 Friendly visits 4:00 Reading Group AR 5:00 Fun & Games ML 7:00 Card Bingo ML 7:00 Hand Therapy TO</p>	<p>11. 9:15 Friendly visits U 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 10:15 Music & Movement 3rd 11:15 Bedside Stretches TO 12:00 Games & Giggles ML 2:15 Montessori Tasks 2:15 Ten Pin Bowling ML 2:15 Balloon Toss TO 2:15 Manicures 2:15 Hand Therapy TO 3:00 Chinese Alliance Church ML 3:15 Friendly visits 4:00 Discussion Group AR 4:00 Scenic Tours 4:00 Bedside visits TO 4:00 Walking Club MF 5:00 Fun & Games ML 7:15 Social Club with Mat Zaddy ML</p>	<p>12. 9:15 Music Therapy 2 10:00 Hymn Sing ML 10:15 Doll Therapy AR 11:15 Walking Club MF 12:00 Games & Giggles ML 2:15 Tyndall Cinema 2:15 Hand Therapy TO 2:15 Balloon Toss TO 3:15 Reading Group AR 4:00 Friendly visits 4:00 Relaxation Therapy ML 5:00 Fun & Games ML 7:00 Name that Tune ML</p>
<p>13. 10:15 Morning Tea Social AR 10:15 Music Therapy ML 12:00 Games & Giggles ML 2:15 Salvation Army Church ML 2:15 Relaxation Therapy AR 2:15 Manicures TO 3:15 Board Games U 4:00 Scenic Tours 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Card Games AR</p>	<p>14. 9:15 Reminiscing 2 10:15 Sensory Stimulation AR 10:15 Fun & Fitness ML 11:15 Walking Club MF 12:00 Games & Giggles ML 2:00 Communion TO 2:15 Bingo Blast ML 2:15 Montessori tasks AR 2:15 Balloon Tennis TO 3:15 Hand Therapy TO 4:00 Doll Therapy TO 4:00 Reading Group AR 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Hot Chocolate on Wheels 7:00 Bedside visits TO</p>	<p>15. 9:15 Music Therapy 2, 4 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Manicures 11:15 Music & movement 3 12:00 Games & Giggles ML 2:15 Church of the Holy Spirit Anglican Lutheran Service ML 2:15 Relaxation Therapy AR 2:15 Bedside Music Therapy U 2:15 Balloon Tennis TO 2:15 Helping Hands 3rd 3:15 Friendly visits 3:15 Hand & Finger Dexterity TO 4:00 Walking Club MF 4:00 Balloon Toss, 2, 4 4:00 Discussion Group AR 5:00 Fun & Games ML 7:00 Travel to... 7:00 Music Therapy U</p>	<p>16. 9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Music & Movement 3, 4 11:15 1:1 Short Stories 3 12:00 Games & Giggles ML 2:15 Sensory Stimulation AR 2:15 Brain Teasers ML 2:15 Board Games 2 2:15 Bedside Stretches TO 2:15 Balloon Toss TO 3:15 Hand Therapy TO 3:15 Walking Club MF 4:00 Board Games 4 4:00 Friendly visits 4:00 Bedside Stretches TO 4:00 Scenic Tours 5:00 Fun & Games ML 7:00 Rosary ML 7:00 Montessori Tasks U</p>	<p>17.9:15 Reminiscing 2, 4 10:15 Heritage Museum Presentation ML 10:15 Music & Movement 2, 4 11:15 Music & Movement 3 12:00 Games & Giggles ML 2:15 Tim Horton’s Coffee Social 2:15 Music Therapy ML 2:15 Bean Bag Toss 4 2:15 Bedside Stretches TO 2:15 Hand Therapy TO 3:15 Walking Club MF 4:00 Ring Toss 3 4:00 Friendly visits 4:00 Scenic Tours 5:00 Fun & Games ML 7:00 Hot Chocolate Social 7:00 Doll Therapy TO</p>	<p>18. 9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Sensory Stimulation AR 10:15 Manicures 12:00 Games & Giggles ML 2:15 Baking AR 2:15 Music Therapy ML 2:15 Helping Hands U 2:15 Bedside Stretches TO 2:15 Balloon Toss TO 3:15 Hand Therapy TO 3:15 Walking Club MF 4:00 Doll Therapy U 4:00 Friendly visits 4:00 Bedside Music TO 4:00 Scenic Tours 5:00 Fun & Games ML 7:00 Card Bingo ML 7:00 Helping Hand U</p>	<p>19. 9:15 Music Therapy 2 10:00 Hymn Sing ML 10:15 Doll Therapy AR 11:15 Helping Hands U 12:00 Games & Giggles ML 2:15 New Life Fellowship Church of God ML 2:15 Hand Therapy TO 2:15 Balloon Toss TO 3:15 Reading Group AR 4:00 Friendly visits 4:00 Relaxation Therapy ML 5:00 Fun & Games ML 7:00 Tyndall Cinema ML</p>

January
2019



Tyndall Seniors
Village
Recreation Calendar
Part ONE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>20.</p> <p>9:15 Bedside Stretches TO 10:15 Morning Stretch AR 10:15 Bean Bag Toss 2nd 11:15 Friendly visits 12:00 Games & Giggles ML 2:15 Doll Therapy TO 2:30 Kingdom Covenant Church ML 2:15 Ring Toss 3 3:15 Sounds of Nature AR 4:00 Friendly visits 4:00 Ring Toss 4 5:00 Fun & Games ML</p> <p>7:00 Discussion Group AR</p>	<p>21.</p> <p>9:15 Music Appreciation 2 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Bedside Stretches TO 10:15 Montessori Task U 11:15 Helping Hands AR 11:15 Manicures 12:00 Games & Giggles 2:00 Communion TO 2:15 Balloon Toss To 2:15 Sensory Stimulation ML 2:15 Art Therapy AR 2:15 Hand therapy TO 3:15 Puzzles U 4:00 Doll Therapy TO 4:00 Friendly visits 4:00 Walking Club 5:00 Fun & Games ML 7:00 Travel to.... 7:00 Bedside visits TO</p>	<p>22.</p> <p>9:15 Christmas Stories 2 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Walking Club 12:00 Games & Giggles 2:15 Word Jumble ML 2:15 Bean Bag Toss 3 2:15 Hand & Finger Dexterity TO 2:15 Bedside Music 3:15 Ring Toss 4 3:15 Bean Bag Toss 2 4:00 Doll Therapy TO 4:00 Friendly visits 4:00 Hand Therapy TO 5:00 Fun & Games ML 7:00 Card Bingo ML</p>	<p>23.</p> <p>9:15 Reminiscing 2, 4 10:15 Glamour Club AR 10:15 Fun & Fitness ML 11:15 Friendly visits 10:15 Bedside Music Therapy TO 12:00 Games & Giggles 1:30 Activity Dept. Meeting 3:15 Reading Group AR 3:15 Bedside stretches TO 3:15 Walking Club 4:00 Doll Therapy TO 4:00 Friendly visits 4:00 Bedside visits TO 5:00 Fun & Games ML 7:00 Hot Cocoa Chocolate Social AR 7:00 Montessori Tasks</p>	<p>24.</p> <p>9:15 Reminiscing 2, 4 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Friendly visits 11:15 Bedside Music Therapy TO 12:00 Games & Giggles 2:15 Men's Club ML 2:15 Relaxation Therapy AR 2:15 Hand & Finger Dexterity 2:15 Montessori tasks U 3:15 Bedside stretches TO 3:15 Walking Club 4:00 Doll Therapy TO 4:00 Friendly visits 4:00 Card Games U 5:00 Fun & Games ML 7:00 Bedside Visits 7:00 Bingo Mania (ML)</p>	<p>25. Robbie Burn's Day 9:15 Short Stories 2, 4 10:15 Bedside Stretches TO 10:15 Sensory Stimulation AR 10:15 Fun & Fitness ML 11:15 Friendly visits 12:00 Games & Giggles ML 2:15 Hand & Finger Dexterity 2:15 Travel to Scotland 2:15 Bedside Music Therapy 2:15 Music Therapy U 3:15 Bean Bag Toss 3 4:00 Hand Therapy TO 4:00 Friendly visits TO 4:00 Walking Club MF 5:00 Fun & Games ML 7:15 Social Club with James Cormier ML</p>	<p>26.</p> <p>9:15 Music Therapy 2 10:00 Hymn Sing ML 10:15 Music Therapy 4th 11:15 Puzzles 4th 12:00 Games & Giggles 2:15 Relaxation Therapy AR 2:15 Tyndall Cinema ML 2:15 Music & Movement 3rd 3:15 Walking Club MF 4:00 Friendly visits 4:00 Bedside Music Therapy 5:00 Fun & Games 7:00 Name that Tune ML</p>
<p>27.</p> <p>9:15 Music Therapy 2 10:15 Morning Tea Social AR 10:15 Music & Movement ML 11:15 Current Events 3 12:00 Games & Giggles 2:15 Word Games ML 2:15 Doll Therapy TO 2:15 Bedside Music Therapy 3:15 Relaxation therapy AR 4:00 Friendly visits 4:00 Hand Therapy TO 5:00 Fun & Games ML 7:00 Card Games ML</p>	<p>28.</p> <p>9:15 Short Stories 2 10:15 Fun & Fitness ML 10:15 Sensory Stimulation AR 10:15 Manicures 11:15 Walking Club MF 12:00 Games & Giggles 2:00 Communion TO 2:15 Westminster United Church ML 2:15 Music & Movement 2, 4 3:15 Bedside Music Therapy TO 3:15 Balloon toss 3 4:00 Friendly visits 4:00 Hand Therapy TO 5:00 Fun & Games ML 7:00 Travel to...</p>	<p>29.</p> <p>9:15 Reminiscing 2 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Music & Movement 3rd 11:15 Bedside Music Therapy TO 12:00 Games & Giggles 12:30 Take out Lunch (sign up) 2:15 Ten Pin Bowling ML 2:15 Ladies Club AR 2:15 Balloon Toss TO 3:15 Brain Teasers U 3:15 Sounds of Nature AR 4:00 Hand Therapy TO 4:00 Friendly visits 5:00 Fun & Games ML 7:00 BINGO Mania ML</p>	<p>30.</p> <p>9:15 Friendly visits U 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Hand Therapy TO 11:15 Walking Club MF 12:00 Games & Giggles ML 2:15 Monthly Birthday Party with Bill Ryan Konopud ML 2:15 Bedside Music Therapy TO 2:15 Music Therapy 2 4:00 Sensory Stimulation AR 4:00 Friendly visits 4:00 Balloon Toss TO 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR</p>	<p>31.</p> <p>9:15 Music Therapy 2 10:15 Resident Council Meeting ML 10:15 Sensory Stimulation AR 10:15 Walking Club MF 11:15 Bedside Stretches TO 12:00 Games & Giggles ML 2:15 Baking AR 2:15 Ring Toss 3 2:15 Bean Bag Toss 2 2:15 Music Therapy 4 2:15 Bedside Music TO 3:15 Discussion Group ML 3:15 Music Therapy 3 3:15 Walking Club MF 4:00 Friendly visits 4:00 Hand & Finger Dexterity TO 5:00 Fun & Games ML 7:00 Card Bingo ML 7:00 Hand Therapy TO</p>	<p>Pet Visits "Scrappy" Thursdays at 1:00pm & "Riley" Saturday's at 1:30</p> 	<p>Legend U = Units UL = Unit Lounge BP = Back Patio ML = Main Lounge AR = Activity Room MF = Main Floor</p>

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Village
Recreation Calendar
Part TWO